



**Paper 18 - Allied Health**

**EFFECTS OF ALOE VERA LINN GEL ON BLOOD GLUCOSE AMONG PREDIABETES CLIENTS**

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**ABSTRACT**

Aloe Vera Linn, commonly known as Aloe Vera has attracted worldwide prominence due to its medicinal properties effective to many health problems including hyperglycemia. Specifically, this study aimed to assess its effectiveness on prediabetes clients in two different experimental groups, before and after seven days of treatment documenting changes on clients' fasting blood glucose level. The study utilized quasi experimental design. Purposive sampling was employed to ensure that the 30 participants met the criteria of the study wherein randomization by casting lots was employed in dividing participants into two experimental groups with 15 participants for each group. This study compared the two experimental groups: the first group treated with 100 g Aloe Vera gel per day, and the second group treated with 200 g Aloe Vera gel per day for seven days. Both the 100 g and 200 g Aloe Vera gel intake were effective in reducing the fasting blood glucose level of the participants. Notedly, the 200 g Aloe Vera gel provided a higher significant reduction of the fasting blood glucose level compared to the 100 g Aloe Vera gel. Therefore, the study shows that Aloe Vera gel is efficient as a treatment in reducing blood glucose level among prediabetes clients.

**Keywords: Aloe vera, prediabetes, blood glucose**

